

A STATE DA

Minimum wage bill hinges on bipartisan support

By Eric.Wirth @iowastatedaily.com

Iowa employees who receive minimum wage could see their hourly pay rate jump from \$7.25 to \$8.75 an hour by July 1, 2016 if a bill introduced in the Iowa House can find bipartisan support and pass through the legislature.

Support will likely be hard to find due to disagreements about how a minimum wage increase would affect employment.

"One of the claims frequently made is that it'll cost jobs," said Sen. Herman Quirmbach, D-Ames, associate professor of economics at Iowa State.

Sen. Charles Grassley, R-Iowa, said this almost verbatim in a statement he made about raising the federal minimum wage.

"It also could or would lead to the elimination altogether of some jobs for low-wage workers," Grassley said.

A study done in 1992 by David Card and Alan Krueger at Princeton University's Department of Economics found the argument that a minimum wage increase would cost low-wage jobs to be unfounded.

The study, which looked at the differences in employment in the fast food market between New Jersey, which had just seen a minimum wage increase, and Pennsylvania, which had not, found that an increase in minimum wage actually saw a marginal increase in employment. With Pennsylvania and New Jersey only being separated by the Delaware River, the test was as close to a control as can be expected in the real world.

Meanwhile, the buying power of the minimum wage has been in a slump. In 1978 the federal minimum wage was \$2.65 per hour. When indexed for inflation, this would total \$9.67 per hour today, 18.4 percent higher than

MINIMUM WAGE p4

Hy-Vee to offer new sit-down experience

By Kelly.Schiro @iowastatedaily.com

Doors will slide open and guests will be greeted by a hostess to lead them to their table at west Ames Hy-Vee's new Market Café.

Hy-Vee is outfitting many of it's grocery stores with a new bar and restaurant concept in the form of a Market Café or Market

The Market Café in the west Ames Hy-Vee is expected to open early to mid-March.

"Our CEO's vision is to focus more on culinary expertise," said Amanda Vande Lune, restaurant

manager.
While the new Café will have a full wait staff and a made-to-order menu, customers can also go to the Italian Express or the Chinese Express as before and then eat in the new dining area,

Vande Lune said.

The restaurant will have capacity for 120 or more. In the full-service bar, there will be eight beers on tap, bottled beer, wine and selected spirits. There will also be eight flat screens TVs and they will be able to have gameday events, said Ben Conway, store director.

Conway said there are about 30 new restaurants completed company-wide. The nearby Ankeny store will have both a Market Café and Market Grille at two separate locations.

Conway said the Market Grille will have outside seating without the full wait staff. The Market Café concept works for the Hy-Vee in west Ames because

HY-VEE p8



Ballroom Dancing Club hosts 'Sweetheart's Dance'

By Emily.Eppens @iowastatedaily.com

Love was in the air as couples danced the salsa, rumba and waltz on Valentine's Day

The ISU Ballroom Dancing Club hosted an open Sweetheart's Dance on Saturday evening. During the duration of the event, Grant Hyland, senior in music and the president of the club, and Seth Wilharm, senior in animal science, taught the basic steps of different dances, including the waltz, foxtrot, tango and salsa dancing.

and salsa dancing.
Joel and Ashley Pudenz,
ISU alumni who have attended
the club events, heard about the
event from a friend.

"[Ballroom dancing] is learning how to communicate

through another person," Joel said. "It has been a fun thing to do together."

Nicole Bramow, junior in civil engineering, said the club has taught her coordination and has given her a way to meet other students.

"[Ballroom dancing] is definitely more challenging than it looks," Bramow said. "I come from a strong music background, so picking up the moves was easy. But the learning technique, actually doing the dance, was very unnatural for me. I'm still working on it. It has been a lot of fun."

An instructor from Des Moines Ballroom comes in to teach the members the funda-

mentals of ballroom dancing.

Typically throughout the semester, the club hosts one or

two big dances and partners with

other organizations located on campus and in the Ames community.

"When I first joined the organization, I only had a little experience," Hyland said. "I joined last year and I wish I had joined sooner. It has been a great experience."

The club divides its dancing types into two different groups: rhythm and smooth dancing.

Swing dancing, which is among the most desired forms of learning how to dance, rumba and chacha dancing fall within the rhythm category, while dances such as the waltz, tango and foxtrot are examples of smooth dancing.

Wilharm said he is planning to attend veterinary school after graduation and hopes to continue participating in the club during that time.

"Communication is the key when it comes to dancing," Wilharm said. "There is so much that goes into dancing that people don't even realize. It's really unique to compare one person's style to another's."

Students who attend the club are given the opportunity to participate in dancing competitions throughout the Midwest for different skill levels: newcomer, bronze, silver and gold.

"I think that learning to dance is a creative release for students," Hyland said. "I absolutely recommend students to get involved. It's a chance to participate in something very different and artistic."

Students who want to get involved with ballroom dancing are encouraged to attend the meetings in Forker 0184 at 7 p.m. Wednesdays.

CAMPUS BRIEF

Weather



MONDAY

Cloudy and cold with wind chills below zero.



TUESDAY

Stronger gusts with wind chills below zero.



WEDNESDAY

Sunny but cold. Strong NW winds with wind chills be⊠ tween $\boxtimes 10$ and $\boxtimes 25$.

Weather provided by ISU Meterology Club.

Police Blotter

The information in the log comes from the ISU and City of Ames police depart⊠

are innocent until proven guilty in a

Feb. 9

Ryad Ziar, 19, of 2922 West Street, Ames, was arrested on a warrant, charging him with third degree sexual abuse at 2900 block of West Street (reported at 8:00 a.m.).

Officers were asked to check the welfare of a resident at Frederiksen Court (reported at 6:31 p.m.).

Alexander Pruiett, 19, of 1352 Wallace Hall, Ames, was arrested and charged with possession of a controlled substance (two counts) and possession of drug parapher⊠ nalia at Wallace Hall (reported at 9:58 p.m.).

Feb. 10

Kurtiss Mueller, 22, of 4709 Steinbeck Street, Unit 4, Ames, was arrested and charged with operating while intoxi⊠ cated at Hayward Avenue and Mortensen Road (reported at

An individual reported some⊠ one behaving in an unusual manner at Agronomy Hall (reported at 8:20 a.m.).

An officer initiated a drug re⊠ lated investigation at Lyon Hall (reported at 11:59 a.m.).

Tyquon Veasey, 35, of 4713 Toronto Street, Apartment 1, Ames, was cited for driving under suspension at 200 block of Hyland Avenue (reported at 2:15 p.m.).

Feb. 11

An officer received informa⊠ tion regarding a behavioral concern at General Services Building (reported at 10:42

An officer checked the welfare of a resident who was possibly experiencing emotional diffi culties at Martin Hall (reported at 12:17 p.m.).

Joshua McCombs, 25, of 4901 Todd Drive, Unit 46, Ames, was arrested and charged with public intoxication. He was transported to a medical facil⊠ ity and subsequently released on citation at Agronomy Hall (reported at 12:40 p.m.).

Matthew Moder, 18, of 3448 Wilson Hall, Ames, was cited for possession of drug para⊠ phernalia at Wilson Hall (re⊠ ported at 7:21 p.m.).



or by appointment



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Cyclones celebrate win with young fan

Sophomore Derek Moser fist bumps a fan at the Ames/ISU Ice Arena on Feb. 13. Cyclone Hockey defeated the Illina Blackbirds, a tier-III junior team, 2-0 in the first of a two-game series sweep. The Cyclones will compete in the first round of the CSCHL Tournament against Illinois on Friday.

STYLE TIP OF THE WEEK

KEEP YOUR SHOES IN SHAPE DURING WINTER

By Taylor.Borde @iowastatedaily.com

Winter weather takes a harsh toll on our beloved booties, prized pumps and stylish sneakers. Melting snow and soon-to-be spring showers are a shoe's worst enemy, leaving them in need of a few touch-ups. Remedies can be found around the house for a quick fix.

er pumps or flats with window cleaner. Runins with dirty snow or muddy puddles cause patent leather to turn cloudy. Spray Windex onto a clean towel and rub in circular motions for a fresh polish.

Leather boots can be restored with daily moisturizer. Those unfortunate scratches disappear with a few pumps of your favorite face lotion. Rub it into your hands and ap-

Renew suede booties and heels with a nail file. Grind the nail file against those pesky dirt spots and they crumble to pieces. This is the perfect tip to touch up shoes on a night

Canvas sneakers can be waterproofed with beeswax. Before you decide to wear them to class, apply beeswax on the entire surface. It acts as a protective layer from the snow and rain. Now

Professor presents research on cheating in the classroom

By Makayla.Tendall @iowastatedaily.com

Do you feel like you're almost encouraged to cheat in your classes, or even in your major? The learning environment some students are in may be encouraging them to

Bob Reason will be presenting his findings on the topic at 12:10 p.m. Monday in 2030 Morrill

Reason, an education professor at Iowa State, researches how a student's behaviors are affected by classroom climates. Reason has studied whether professors are unintentionally telling students in their classes that cheating is okay.

Reason will also share his research on what drives students to cheat and the best practices for preventing academic dishonesty.

For employees who

wish to attend, they must register online for the event. 1. Login to AccessP-

lus: https://accessplus. iastate.edu. 2. Click on the Em-

ployee tab (upper right). 3. Click UHR Training

(in the left menu). 4. Click Continue. (A new window will pop

5. Click Courses. 6. Click Enroll next to any session in which you want to participate.

Online Content

MORE INFO

Sister city quick facts

Ames has a sister city in Koshu, Japan. Want to learn some interesting facts about the city? After reading the story, take a look at the news section of the Daily's app to find out more.

PH0T0

Sports galleries from weekend

Missed out the sporting events this weekend? No worries, check out the multimedia section of the Daily's website for photo galleries of both sporting

HOCKEY

Cyclones find issues despite sweeping Illiana

The Cyclone Hockey team may have swept the the Illiana Blackbirds but that doesn't mean the weekend was all good for the team. Read more on the team at the Daily's website.

COVERAGE

Chinese New Year celebration

Members of the ISU community celebrated the Chinese New Year on Sunday night. For coverage of the event, including a photo gallery and an article, go online to the news and multimedia section of the Daily's website.

MORE INFO

Minimum wage then and now

In addition to the article on minimum wage, more information can be found on the news section of the Daily's app. There, readers will find a by the numbers look at how minimum wage has developed in the United States.

Corrections

The Iowa State Daily wel⊠ comes comments and sug⊠ gestions or complaints about errors that warrant correction To submit a correction, please contact our editor at 515⊠94⊠ 5688 or via email at editor@ iowastatedaily.com.

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NEWS

CROWNED

Des Moines pageant names ISU student 'Miss Metro'

By Claire.Norton @iowastatedaily.com

Never do anything half-heartedly, said Kelly Koch, sophomore in early

childhood education. "If [people] show true passion for themselves, they'll show passion for everything else in their life,"

Koch said. Koch won the Miss Metro crown earlier this month to go along with other crowns she received in the Miss Greater Des Moines Scholarship Pag-

The Miss Greater Des Moines Pageant is an official preliminary to the Miss Iowa and Miss America scholarship pageants.

Koch began her involvement with pageants in late fall of 2014.

Amy McAreavy, former executive director for the Miss Iowa Pageant, as well as a high school friend of Kelly's mother, offered to help guide Kelly through the process before her first pageant in October — Miss Muscatine — where Kelly won "first runner-up."

McAreavy wanted to be clear that she is not Koch's coach.

"I'm simply just a friend that helps," McAreavy said.

guiding Koch through the Miss Iowa pageant. She will be mentored and guided by an executive from the Miss Greater Des Moines Pageant.

McAreavy said she and Koch's training was usually an informal affair.

"We spend a lot of time on interview, so really giving her the opportunity to practice was most of it," McAreavy said. "A lot of times we would just get on the phone and I would ask her questions and give her the opportunity to answer

Koch discovered she wanted to do pageants after high school when she realized that she would no longer be able to perform as a soloist dancer. She wanted the opportunity to continue to perform.

"Dance is a big part of my life and that's another reason why I wanted to do this," Koch said. "After high school, you really don't get to perform solos anymore. I wanted to do that more and I knew I could with the Miss America organization.'

Koch, like every other contestant, is required to take on a "platform" or a cause to advocate.

The platform she developed is called "BFF," or "Be a Friendly Face."

"Be a Friendly Face" McAreavy will not be strives to help prevent bullying within schools by teaching young children to understand what it means to truly be a friendly face.

Koch chose "Be a Friendly Face" not just because she is pursuing a degree in early childhood education, but also because of the personal experiences she's ĥad.

"That's why I want to go out to the schools and bring my platform because I was bullied as a teenager in high school," Koch said.

She hopes that her efforts will also reflect "the four points of the crown"-Service, Style, Scholarship, and Success — a standard that the Miss America Organization devotes itself to.

Koch said "it's not just a beauty pageant," as the pageants have not only helped her confidence, but have also benefitted her studies.

Koch said she has gained tools from her pageant training in public speaking, writing and interviewing that she can apply toward her success in school.

In addition to the tools she can use in everyday studies, she was awarded a \$1,000 scholarship to apply toward her education.

Rhonda Koch, Kelly's mother, has been supporting Kelly's love to perform throughout her life and her



After being crowned "Miss Metro" in the Miss Greater Des Moines Pageant, Kelly Koch, sophomore in early childhood education, plans to be hard at work in preparation for the Miss Iowa pageant on June 12.

recent success in pageants is not the only thing her mother is proud of.

"I think the thing that amazes me the most with her is that she can stay on the dance team, be active

in her sorority and keep a good grade point, and then decide all of a sudden, 'oh, I'll do this too,'" Rhonda said.

With the Miss Iowa pageant approaching June 12, Koch plans to be hard

She will be devoting her time to practicing, maintaining her grades and involvement in activities at

Free app provides emotional support for students

Welcome to 7 CUPS of TEA



Connect with listeners based on issue, language or country.



Give and receive support in our forum.



Earn growth points, unlock badges and learn skills on your 7 Cups journey.

Charlie Coffey/Iowa State Daily 7 Cups of Tea allows anyone who downloads the app to anonymously talk about issues with trained listeners any time of the day. The app was designed to help students manage their stress and receive support.

By Dakota.Carptenter @iowastatedaily.com

Students who are constantly distracted by gaming and social media apps while balancing classes, work, clubs and relationships can now use an app that will help manage the stress accompanied by that

alancing act 7 Cups of Tea is an app and a free online community to promote emotional well-being and provide serive for people around the world.

Glen Moriarty, a psychologist with a love for technology and his wife Nicole, a therapist, established 7 Cups of Tea. The community allows people to talk anonymously to a listener trained in Moriarty's listener training program about any circumstances with which they

may be struggling. However, 7 Cups of Tea is not a service for those who may be having suicidal thoughts. It is a service that allows people to talk openly about whatever they are facing.

People need to feel heard and understood, it's a human impulse," Moriarty said. "No matter where you are, no matter what your background, you can hop online or the app and chat with a caring and compassionate listener."

7 Cups of Tea's website launched in 2013 and since then, they have created a mobile app for Apple and Android devices. At the beginning, 7

ing 50 conversations a week and now they are having 90,000 conversations a The Moriartys didn't

design 7 Cups of Tea with an age group in mind, but more than 85 percent of their users are classified as young adults, Moriarty Tiffany Iskander is a

staff psychologist for the Student Counseling Service at Iowa State, which officers free counseling to ISU students. Iskander said that

some of the most common struggles for students are the transition to college, depression and anxiety.

"The peak times of service for the Student Counseling Service are usually around the beginning of the school year and around finals," Iskander said.

The Student Counseling Service is open Monday through Friday, 8 a.m. to 5 p.m., but 7 Cups of Tea is available at any time for students, especially during the hours that the Student Counseling Service is not

Anna Hirsch, senior at University of Wisconsin Oshkosh in biological sciambassador for 7 Cups of

Hirsch found the website following the murder of one of her friends as she was looking for ways to get involved with a crisis line and assist others. Since joining, she has completed more than 500 conversations with users.

'Having something like [7 Cups of Tea] would have been very helpful for me," Hirsch said. "I wanted to turn around and give back.'

To become a listener, you must be at least 16 years old. Listeners are required to complete an hour-long video and textbased training course.

After their course, the listeners are given a practice conversation with a computerized robot that provides training on how to

talk to those suffering from

They are given feedback and if they pass, they become a listener.

Once they become a listener, they have the opportunity to move through a variety of other training

Even though the Moriartys are providing more of Tea by holding 90,000 conversations with users a week, they aren't done yet. Moriarty said that they are striving for something even bigger.

"90,000 sounds like a really big number. I would have never thought that we would have gotten to 90,000 [conversations]," Glenn Moriarty said. "[Our goal is to have 100 million positive and supportive conversations.'

The Moriartys are working to cultivate an environment that makes people feel safe and not intimidated, he said.

'A struggle or a challenge you are facing is just one small part of you," Moriarty said. "Going to therapy can be intimidating. [7 Cups of Tea] is just like text messaging, it's so easy to get support.

Mercy College specializes in health science education.



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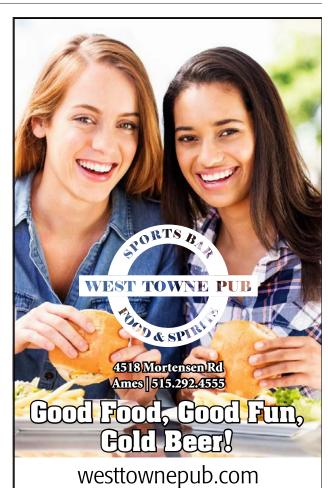
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*For more information about our graduation rates, the median debt of students who completed these programs, and other important information, please visit

Mercy College is the only Catholic college in central lowa and is accredited by the Higher Learning Commission. Details on academic program accreditation, including address and website information, can be found on the College website at mchs.edu/accreditation.



mchs.edu/isu



Ames, IA

Courtesy of Google Maps

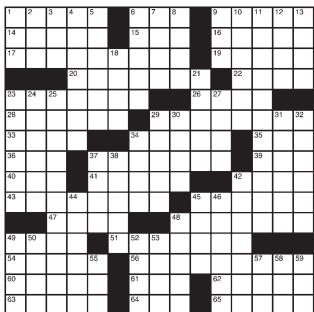
Sudoku by the Mepham Group

		6						8
		2		1	5	7		
3					2			
				4			5	3
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6	3			5				
			5					1
		5	7	2		8		
9						6		

1 2 3 4

Complete the grid so each row, column and 3⊠by⊠ 3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku. org.uk

Crossword



- 1 Ray Charles⊠genre 6⊠Thank God⊠day: Abbr.
- 9 Swedish autos 14 Borden mascot 15 Cereal grain
- 16 Come from behind 17 Teen⊠ budding facial hair, informally 19 Place for a perm
- 20 One of many in a Lipton bag 22 Home buyer⊠ debt: Abbr.
- 23 Ceases 26 Sister of Rachel 28 Distributes by
- shares 29 Group nickname for Ringwald, Sheedy, Lowe, Estevez et al. 33 **Let 3** go! **2**
- 34 Name of 18 French 35ॉToto, __?⊠ Dorothy
 36 Caviar, e.g.
 37 Country drive view
 39 Jam holder
- 40 Nonprofit URL
- ending 41 Carpentry bit 42 Uncommon
- 43 Next⊠door resident 45 Gabor with an 47 Florida State player,

- 49 Living room piece 51 No chance of that happening!⊠ 54 Relax, in slang 56 Speculation lead ing up to a February 22 awards extrava
- ganza 60 Open, as a jacket 61 Tex. clock setting 62 Theater offering 63 Takes a nap 64 Fancy carp 65 Former Steeler star Lynn ___, who ran for

Down

- 1 Sales agent 2 Bass brew 3 Govt. intel org. 4 Style of wording 5 Command 6 Hoops ref⊠ calls 7 Demolish, as a building 8 Chich⊠n freebie
- 9 Yearbook sect. 10 Road travel org. 11 Semi⊠utobio⊠ graphical 1979 Fosse

12 Opinion website

- governor of Pennsyl⊠ vania in 2006
 - 44 Hockey mask wearer
 - 49 Gulf War missile 50 ☑Don Itell me!☑ 52 Relax on a porch 55 Hi⊠fi platters 57 Charlottesville sch. 58 Red or blush wine,

13 Auld Lang __ ☐ 18 Pool legend Min ☐ nesota __ 21 Natural aptitude

23 Wrinkle⊠esistant synthetic 24 Author Leonard 25 Bubbly plum⊠ flavored drink 27 Online market for handmade crafts 29 Dumb mistake 30 Penitent sort

31 Like a woodwork⊠ er⊠rasp 32 Seoul native 34 Toy block brand 37 Humorist Mort who wrote jokes for Kennedy 38 To the third power 42 Colorful post⊠ cloudburst phenom⊠

familiarly 59 Buddhist sect

and Ames sends a group 45 Alcopop brand 46 Hurricanes, e.g. 48 Spiny desert plants of residents to spend time learning about another culture each year. "The typhoon caused a lot of Japanese farmers to chair, perhaps 53 Standard Oil brand lose all of their hogs," said Dianne Brotherson, presi-

ByKatie.Titus

@iowastatedaily.com

Many families are

Residents have the op-

Koshu, a city in the

forced into having a long-

distance relationship with

siblings, but the City of Ames

portunity to make the 6,100-

mile trip to Ames' sister city,

Koshu, Japan, in the Land of

Chubu region near Mount

Fuji, is considered by the

Ames International Partner

City Association to be Ames'

partner city. The organi-

zation was formed after a

typhoon hit Japan in 1959

MINIMUM WAGE p1

The current mini-

the current federal and state

of Iowa wage of \$7.25 per

mum wage provides about

\$15,000 per year for a full

time worker, which is not

enough to support a single

person, let alone a family,

few people who said it was

time for a minimum wage

increase," Quirmbach said in reference to the time he

was on the campaign trail

Progress Iowa, a liberal

advocacy group, in 2014

echoes this sentiment, find-

ing that 53 percent of Io-

wans polled supported an

even larger than currently

proposed minimum wage

increase to \$10.10 per hour.

minimum wage increase

help full-time low-income

workers, but it would also

Not only would the

A poll published by

"I heard from quite a

Quirmbach said.

in 2014.

is taking it to extremes.

the Rising Sun.

dent of the organization. "Iowa farmers donated hogs and corn to the farmers in Japan."

Some local Ames residents will make the trip to Ames' sister city of Koshu, Japan in June to learn about the country and its culture. In September, Koshu residents will visit Ames to lean about America. The trip is available through Ames International Partner City Association to all Ames residents.

sister city in Japan

Ames pairs with

Koshu, Yamanashi

Prefecture

For nearly 25 years, Ames has sent groups of people to Japan and vice versa to stay with host families and get a feel for the culture that is half a world

"President Eisenhower helped set up the partner city program," said Bob Kindred, assistant city manager. "It wasn't meant to pay off economically, but so the countries could learn about each other."

The groups are made up of either youth or adults and the age groups alternate each year.

An adult group will be going this year. The Ames residents will leave in June, but the Koshu residents will not come to Ames until Sep-

Upon arrival in Japan,

the Ames residents will meet their host families, who will take care of them for the week they are there. The host families provide shelter, food and pay for expenses while in Koshu.

Ames residents do pay for their flight, hotel stay in Tokyo and other expenses they have when not with their host family, costing around \$2,000.

Japan is a mountainous country about the size of California, but holds nearly 125 million people.

Everything is tiny. The houses are tiny and the yards are tiny," Brotherson said. "They have to be because everything has to be compressed.

The Koshu residents also spend a week in Ames living with host families. When they arrive, their host families pick them up and take them to City Hall. Community members take

them to spend a day in Des Moines, as well as take them ice skating and to visit places around Ames.

'They have a very gracious culture," Brotherson said. "They are quiet and polite, and they work very hard.

Koshu and Ames celebrated their 20-year anniversary of participating in the sister city program in 2013. To celebrate, they planted two trees at the Ames Middle School, one oak and one cherry. They also planted one of each tree on their trip to Japan.

The sister city trip is available through Ames **International Partner City** Association to all Ames residents, which includes ISU students.

To find more information about the organization or how to go on the trip, check out the City of Ames website.

Horoscopes by Linda Black

Today's Birthday

(2/16/15)

Friendship thaws frozen avenues this year. Show up. Support others and be supported. Animate romance. A busy, profitable phase booms after 3/20. Discover new horizons after 4/4. Tend your garden for an abundant harvest after 10/13. You can accomplish results beyond your wildest dreams by collaborating. Get social and talk about what you love.

To get the advantage, check the day arating: 10 is the easiest day, 0 the



Aries-8 (March 21-April 19) All signals are go. A lucky career break

blossoms. Inspiration comes in a dream. Stash away something precious, and get moving. This is not the time to procrastinate. Can you work from home? Hop on it.



Taurus - 9

(April 20-May 20) Strengthen your infrastructure to

prepare your team for a journey. Review the rules and packing list. Grab an opportunity before it gets away. You feel refreshed. Travels gets farther than expected.



Gemini-8

(May 21-June 20) Disciplined attention to finances, insurance and long Merm budget planning pays off well. Follow through on what you said. Invest in your business. Collaborate to grow your

fortunes. An expert inspires you.



Cancer - 9 (June 21-July 22) Assume responsibility

and accept assistance from your partner. Repay the favor later. Make plans for a trip. A distant contact leads to new profits. Passion and romance enter the scene. All ends well.



Leo-9 (July 23-Aug. 22) Squabbling doesnX accomplish anything.

Avoid it and direct all that energy to productivity for fine results. Take big ground at work. Fight for what you believe in. Move quickly to cinch a deal. Celebrate.



Virgo - 9 (Aug. 23-Sept. 22) A golden opportunity

develops to take advantage of your talents. Practice something you love. A partner gives you a shove in the right direction. Anxiety and excitement feel similar. Keep moving.

Libra - 8

(Sept. 23-Oct. 22) Major productivity on a home project holds

your attention. Work faster and save money. Follow your plans, with deviations to resolve new questions. Discuss your findings as you go along. Enjoy the results.



Scorpio - 8 (Oct. 23-Nov. 21)

Your word carries farther with less effort today. Blog or tweet for a cause. Get involved in a discussion you really care about and contribute.

Compromise with someone you



Sagittarius - 9 (Nov. 22-Dec. 21)

Take quick action and profit. Let your conscience be your guide. Throw money at a problem, if it keeps production online. Full speed ahead, Talk with your banker, Reap



Capricorn - 9 (Dec. 22-Jan. 19)

Shine like a star. Bring home a nice benefit. Get your body into motion. Dance, hike, skip, surf, ride or run. Youxe growing stronger, and it feels good. A new style or cut suits you. All ends well.



Aquarius - 7 (Jan. 20-Feb. 18)

Peace and quiet soothes your nerves. Lay low and take it easy as your thoughts race. Handle what most important, and reschedule the rest. Keep asking questions, don

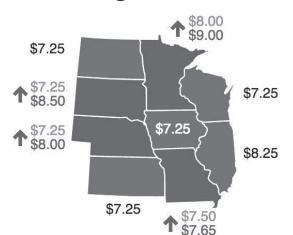
get stuck on any particular answer.



Pisces - 8 (Feb. 19-March 20) Take the lead in a

group project. Share your plan, and show the team your appreciation. Together, you can take on the world. Firm up a bond between kindred spirits. Celebrate and let loose.

Projected minimum wage changes for 2015



Iowa State Daily

lowa employees could be seeing an increase in the minimum wage from \$7.25 to \$8.75 as early as July 1, 2016 if a proposed bill passes through legislation. The bill was introduced in the lowa House.

help part-time employees such as students, Quirmbach said.

He also said the minimum wage increase would help those students who

work part time during the school year or during the summer to try and help pay for the high cost of higher education.

There are some draw-

backs to an increase in minimum wage, most of which fall on employers. "Businesses would ex-

perience somewhat greater costs," Quirmbach said, adding that these costs can be mediated by looking for inefficiencies within the business operation.

However, these costs could eventually be passed on to the consumer, something Quirmbach does not think is as big of a deal as it sounds due to whom it helps.

"If I have to pay an extra quarter for a Big Mac, it's okay by me if it means helping the person serving me," Quirmbach said.

Regardless of the pros and cons, the bill would need bipartisan support, which has been somewhat difficult to find in recent vears. The bill is required to pass through a Republican controlled House and a Senate controlled by the Democrats to become a law.

HELP WANTED

Dan Custom Landscapes, an established local landscape, lawn maintenance and tree service company, is seeking quality personnel for landscape install and maintenance; tree service, climbers and workers; lawn care foremen, applicators and mowers. F & PT positions available, as well as summer internships.

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OPINION

IOWA STATE DAILY



Megan Kalb/Iowa State Daily

Columnist Snyder believes that the Republican Party can no longer survive as the safe haven of science deniers and unrelenting hypocrisy.

Science is not partisan

Republican Party should consider changing its platform strategy

By Stephen.Snyder @iowastatedaily.com

The measles and vaccination debate has finally made its inevitable leap into the political spectrum as President Barack Obama and leading Republicans for the 2016 elections have made comments regarding the idea of making vaccinations for preventable diseases mandatory in the United States. Unfortunately, though not shockingly, this too seems to be a strictly partisan issue.

In an interview with NBC News, Obama made it clear that he believes vaccines are a safe investment in a child's health and future.

'I just want people to know the facts and science and the information," Obama said. "And the fact is is our ability to prevent disease that in the past have devastated folks. And measles is preventable.

While Obama did not make any impromptu propositions about advocating for a law requiring vaccinations, his stance is clear. Vaccinations are important medical advancements and if ignored, as shown by the Disneyland outbreak, can have major

consequences. Potential Republican candidates Gov. Chris Christie and Sen. Rand Paul made their thoughts on the subject known and simultaneously let the American public know just how far behind the times that they, as well as their party, still are.

Christie said that there should be "some measure of choice" when parents are considering whether or not to vaccinate their children, while Paul took the debate one step further when he mentioned there are "many tragic cases of walking, talking, normal children who wound up with profound mental disorders after vaccines." Paul's statements are especially troubling because he is a doctor by trade and some will take his comments as license to endanger others by refusing vaccination. Christie, however, is just proving to be a hypocrite.

When the issue was Ebola, Christie quarantined a healthy woman, saying that his job was to keep the people of his state safe and he proved he would take any measure to ensure that safety. However, that quarantine was specu-

lative because there was no evidence that the quarantined nurse had Ebola. Now that measles is spreading across the nation and Christie is gearing up his presidential bid, his responsibility has shifted to ensuring that his citizens have the autonomous ability to be stupid and put other people — in his state, potentially — in danger.

Taking those comments into consideration, it is sickeningly likely that the 2016 Republican primary will be a contest to see who can deny the most scientific fact in the most convincing fashion. Why do Republicans insist on being, as Gov. Bobby Jindal, R-La. put it, the "stupid party" when it comes campaigning and winning votes?

When you dispute accepted scientific theories because you aren't aware of them or what they mean, that's ignorance and isn't entirely your fault. But is your job to understand it so you can make decisions about steps we should take to fix problems and yet you still deny the issue even exists, you're either stupid or in the pockets of people who pay you to appear stupid. You are also a problem for the American public.

While I may disagree with many Republican policies — social, economic or international — I know that Republican voters are not by their very nature unintelligent. In fact, I consider a certain right-leaning voter from my own household to be one of the most intelligent people I know. I also know that there are countless others falling into the same category and growing more and more tired of the backwards and unthinking rhetoric of the GOP, so I am not attempting to disparage all Republican voters, but rather Republican leadership that panders to the

lowest common denominator. In 2012, Jindal called on his fellow republicans to "stop insulting the intelligence of the voters." However, as the calendar moved closer to election time and he started appearing in Ames to potentially set the groundwork for a 2016 presidential run, Jindal seems to have realized that winning the nomination hinges on how much Democratic legislation you can disagree with and how fervently you deny climate change, so he changed his tune.

However, it is encouraging that Jindal isn't just talking about how he disagrees with restrictions on the energy industry or Obamacare. He

already made it known that he has actual ideas after presenting his energy proposal public and his healthcare plan to the public.
Regardless of whether or not you

think his ideas are any good, at least he is bringing physical documents to the table for the American people to discuss instead of just slinging rhetoric and hitting talking points in interviews, much as Christie and Paul did when asked about vaccinations.

This is the problem that we are faced with when we associate with candidates based on their party as opposed to their platform. Republicans stand categorically opposed to government interference in the lives of American citizens, unless you want to marry someone of the same sex, then they tend to get really upset and do not want to touch the vaccination issue. align themselves with big oil industries, so they don't want to talk about climate change or the role of human kind in perpetrating it.

When opinions about widely accepted theories from the scientific community become grounds for political divide, a change needs to be made. In countries like Britain, the climate change debate is no longer even a debate as both candidates for Prime Minister have signed a joint statement committing themselves to take action on climate change.

Stances against climate change, gay marriage and even vacillation on vaccinations could be the death of the current Republican platform

According to a 2014 Gallup poll, 20 percent of Americans between the ages of 18 and 40 do not identify with either party, but for those who do identify with a party or independents who lean toward a party, Democrats hold a significant advantage against Republicans.

Even the 2014 midterm elections do not prove anything for the Republican Party — much as they would like to believe — because the same striking defeats were experienced by George W. Bush in 2006 and Bill Clinton at the six-year mark of their tenures as well.

The increased availability of information and proliferation of scientific fact standing against Republican principles should logically result in a strategy change for the GOP, but it seems, that the change will not come in 2016.

EDITORIAL

Student-led movements help raise awareness of sexual assault

An ISU student was charged last week with sexual abuse in the third degree connection to a sexual assault that occurred in a campus dorm earlier this year. The arrest follows the suspension of a fraternity after a sexual assault occurred inside its house and students received two timely warning alert emails already this year about sexual assaults.
Also last month, the university

as a whole was found to be under investigation for its handling of sexual assault cases by the U.S. Department of Education's Office of Civil Rights. Iowa State is one of more than 90 universities under investigation. According to a letter sent to President Steven Leath by the office, the investigation is into whether the university did or did not "promptly and equitably respond to complaints, reports and/or incidents of sexual violence of which it had notice."

After the start of this semester, it is clear that sexual assault is a serious problem on the ISU campus and college campuses around the country. While the answer to this epidemic may not be immediately clear, it is important that students and university communities take steps to combat sexual assaults on campuses.

The best chance at a change in culture on our country's college campuses will come from studentled proactive solutions. Luckily at Iowa State, we have seen a string of movements driven by students to end

sexual assaults on campus.

The most recent instance of this student proactivity on our campus was early last week when the Theta Chi fraternity held a silent reflection to support survivors of sexual assault and domestic violence. Members of the community brought candles to reflect and wrote encouraging messages to survivors on a banner that will be displayed on campus.

Another example of this proactiveness by ISU students came with the launch of the It's On Us campaign earlier this school year. It is a movement that encourages students to issue of sexual assault and promotes taking responsibility as bystanders when students feel someone is at risk of being sexually assaulted.

Student-led actions and campaigns like these to end the culture that allows for sexual assault on college campuses should be ceaselessly commended. The ISU campus and others around the country will only be safer places if more students take action and lead a national discussion on sexual assault issues.

While all universities should enforce strict repercussions for those who violate these basic expectations of decency, the most powerful force for change will come from those who have no punitive powers. When a potential perpetrator of a sexual assault does not act out of fear of punishment, you have only taught that person fear.

But when a potential perpetrator does not act due to a fundamental knowledge of right and wrong, you have truly adjusted a person's morality. Only when the stigma against these crimes inundates itself into every possible corner and crevice of the social sphere will the culture truly change.

These student-focused, studentdriven events to raise awareness on the issue of sexual assault on campus is just what Iowa State needs to move forward. The organic nature of these movements are the key to longlasting change for this community-

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Send your letters to letters@iowastatedaily.com Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s)

Phone numbers and addresses will not be published Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in

the Iowa State Daily

LETTER TO THE EDITOR

Make your voice heard in GSB elections

By Cole Button, GSB senator

Our university faces an array of problems affecting the students. These problems include hundreds of students unable to find housing, wifi congestion, students getting run over by people on bikes, being packed on CyRide like sardines in a can, taking weeks to be able to see a doctor, and having to wait in line for hours at the testing centers.

We have excellent candidates all wanting to make a difference and fix these issues. And yet, year after year, the voter turnout seems to dwindle lower and lower. Last year, voter turnout was at a meer eight percent. With the GSB managing more than \$2 million every year for more than 34,000 students.

we need more students to go online and vote to have their voices heard. And with reapportionment going on in the senate, we're looking at having more than a dozen empty sen-

This leads to people who may not take the job seriously or who will be focused only on their own interests getting elected by default. That's a major problem. We need to have more people running and voting to make getting on the senate more competitive to ensure that we elect the best students for the job.

So if you want to help Iowa State University in even just a small way, go online and read up on all of the candidates' platforms and the issues. Then, on March 3 and 4, go online to vote. iastate.edu and make your voice

SPORTS



Blake Lanser/Iowa State Daily

Sophomore guard Monté Morris waits to throw the ball into play during lowa State's game against West Virginia on Feb. 14. Morris finished the game with 19 points, five assists and three steals.

MOUNTAIN MAN-MAN

Monté Morris leads Iowa State past West Virginia

By Alex.Gookin @iowastatedaily.com

Monté "Man-Man" Morris has been here beagainst the Mountaineers, but against one of the most aggressive defenses in the nation, Morris had one of the best performances of his career.

With 19 points, five assists and three steals, Morris took control of No. 21 West Virginia (19-6, 7-5 Big 12), leading No. 14 Iowa State (18-6, 8-4 Big 12) to a 20-point victory, 79-59.

Morris has 29 assists to just two turnovers against

West Virginia in his career, serving as the closest thing to kryptonite that the Mountaineers have faced. Hitting 4-for-4 from deep, Morris had one of the best shooting nights of his ca

"I give my credit to this guy right here," Morris said, patting coach Fred Hoiberg on the back. "At this level, it's all confidence and when you see one go in and you're going in there late-night shooting, it pays off like it did tonight.'

While Morris deflected credit to Hoiberg and the game plan entering the game, his play is what gave the Cyclones a muchneeded win before hitting the road against Oklahoma State and Texas in the coming week. With a firm grasp on third place in the Big 12, Morris will likely conas the conference season winds down, and Hoiberg endorses it.

"I thought Monté gave us an opportunity to win the game because of the fact he went toe-to-toe with Juwan Staten," Hoiberg said. "Monté's not going to back down from anybody. He's going to battle and scratch and fight, and I thought he

did a great job with that." But Morris didn't do it alone. Jameel McKay, nick-

named "Showtime," served as a trusty sidekick to his roommate, Morris, who he calls "Mr. Big Game." McKay finished with 12 points, eight rebounds and after struggling from the line in the majority of his games. When Morris and McKay weren't scoring offensively, they caused problems defensively as Morris grabbed three steals and McKay blocked five shots on the defensive end.

In fact, the team played one of its best defensive games of the season. Against a team that struggles to make shots, the Cyclones held the Mountaineers to

just 37.9 percent shooting and forced 19 turnovers. The 59 points allowed is the fourth-best mark of the year and second in Big 12 play. West Virginia only shot 12 free throws the entire night, while Iowa State made 21 of their 30.

Offensively, the bench contributed one of the best games of the season, scoring 32 points on 12-of-19 shooting between Abdel Nader, Bryce Dejean-Jones and Matt Thomas.

"Everyone who went in the game, I thought made a positive impact," Hoiberg said. "I thought Bryce was phenomenal, I thought Abdel Nader played one of his best games and Matt Thomas hit that 3 right before halftime, giving us some momentum. ... Those are huge contributions."

With McKay sliding o a starting spot ahead of Dejean-Jones in the past three games, the bench production has soared with Dejean-Jones creating a different spark entering the game. It's a change that Hoiberg says he's happy with and could make all the difference as the team heads into its final stretch of games.

The Cyclones will take on the Cowboys (17-7, 7-5 Big 12) at 8 p.m. Wednesday in Stillwater, Okla.

Cyclones get revenge against in-state Panthers

By Beau.Berkley @iowastatedaily.com

Mike Moreno wasn't going to sugar coat any-

After a dual win against Arizona State on Friday night, the Cyclones had to regroup in time for another dual against instate foe Northern Iowa on Sunday. The last time the two team's faced off, the Panthers came away the victor and let the Cyclones know. That didn't sit well with Moreno.

"I don't like them," Moreno said. "They'll get what's coming to them.

Whatever feelings of retribution that Moreno and the Cyclones may have been harboring since last year were absolved Sunday, as they downed the Panthers 24-12, winning eight out of 10 matches, including the first three matches of the dual.

Northern Iowa however would not sit idly by, as No. 10 Blaize Cabell defeated Iowa State's Quean Smith in a 2-5 decision, followed by a pin from

No. 6 Dylan Peters, an All-American at 125 pounds last season.

Northern Iowa was down 10-9 at the intermission, but whatever momentum they may have gained did not last long.

All-American Earl Hall came out and scored a 9-3 decision, racking up one minute and 43 seconds of riding time.

We expected Earl to win," said ISU coach Kevin Jackson. "Obviously, coming out of a break and them getting the fall, we really thought that Earl would get bonus points for us, but it was important for us that we got back in the win column.

Hall was not the only Cyclone that brought the crowd to its feet. True freshman Dante Rodriguez racked up three near falls en route to a 13-1 major

It was Rodriguez's third straight win since he defeated then-No. 12 Mike Morales of West Virginia two weeks ago.

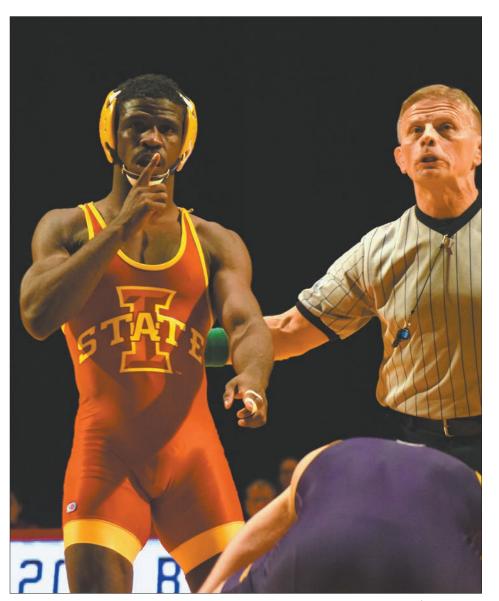
'I thought he [Rodriguez] was the one who really ignited the crowd and

ignited our team and he's competing as good as anybody on our team from a competitive stand point," Jackson said.

Mike's brother, Gabe, also remembered the sinking feeling of defeat last year in Cedar Falls, one that he made sure not to relive again this year. Gabe scored a major decision against Gunnar Wolfensperger in a match in which Wolfensperger took Gabe off the mat and onto the hardwood near the scorer's

Just two matches later, Mike capitalized on what he said Friday, defeating No. 13 Cooper Moore by a 5-2 decision. In what seems like a a budding rivalry caused by more than sharing the same state lines, Gabe said the message sent was simple.

"It feels good that we were able to come out of there with a pretty lopsided victory ...," Gabe said. "There's a "W" in our winloss column and there's an "L" in their win-loss column, and that's the only message that needs to be



Ryan Young/Iowa State Daily

Junior Earl Hall celebrates after defeating Northern Iowa's Leighton Gaul 9-3 on Sunday at Hilton Coliseum. Hall racked up one minute and 43 seconds of riding time during his match. Iowa State won the dual 24-12.

Iowa State Classic features highs, lows for athletes

By Kyle.Heim @iowastatedaily.com

ISU assistant track coach Andrea Grove-Mc-Donough summed up the Iowa State Classic as an "OK meet" for the ISU runners, as the team continues to recover from its cross-country

Iowa State experienced both missed opportunities and strong performances throughout the meet.

Grove-McDonough said she's a little disappointed that there weren't better results, but it's also no time to panic.

"In their defense, we might have put in a little more work, I might have overestimated that I thought they would recover better off it," Grove-McDonough said. "I try to look at it as no harm, no foul. It will benefit them down the road. We'll make sure we're rested and have our legs under rest for the Big 12 meet."

One event Grove-Mc-Donough said she was hoping to get more from was the 3000-meter. Redshirt senior Katy Moen finished in the top five in the event, but Grove-McDonough said she was hoping Moen would get a time that would hold up for the NCAAs.

"[Moen's] been a little bit off lately," Grove-Mc-Donough said. "I think she's been tired and school's been kind of a stressor for her. Having said that, I can't say that I'm totally surprised that she was not feeling great.

Grove-McDonough was pleased with the performances by freshmen Olivia Robertson and Abby Caldwell, who both recorded personal best times in the 3000-meter.

Grove-McDonough was also happy with Margaret Connelly, who had a second-place performance in the 5000-meter to end day one of the Iowa State Classic, setting a personal record with a 16:08.99 time.

In addition to Connelly's strong run, senior Kendra White returned from a quad and hip flexor injury to break her own school record in the 400-meter dash. The sprinter clocked a 53:81 time, which placed her third overall in the event.

"I was a little hesitant because I didn't know how my leg was going to hold up, but with so many people, like teammates and even parents of my teammates, saying 'go get 'em, you can

do it, I believe in you,' having that here at home really builds up my confidence to go out there and run my

As far as future goals, White said she hopes to break her school record again and place higher at the Big 12 meet.

In the field events, the ISU women received an impressive outing from freshman Jhoanmy Luque, who earned titles in both the long jump and triple jump. Luque currently ranks 14th in the nation in the long jump and 27th in the triple

Joining Luque in jumping events was sophomore Marine Vallet, who placed first in the high jump, earning the 16th best mark in the nation.

The schedule shows that the UNI-Dome Open on Friday and the Alex Wilson Invitational in South Bend, Ind. on Saturday are next, but the team's focus remains on the Big 12 Indoor Championship on Feb. 27 and 28.

The Harry Hoak Track in Lied Recreation Athletic Center will be the home of this year's Big 12 meet, and it will be the last indoor event of the season that Iowa State hosts.



Ryan Young/Iowa State Daily

Senior Kendra White runs in the women's 400-meter dash at the lowa State Classic on Saturday. White finished third in the event, breaking the previous school record, which she held, with a time of 53:81.

Men's track, field team breaks records, sets national times

By Trey.Alessio @iowastatedaily.com

The bigger the stage, the better the performances for the ISU men's track

and field team. Iowa State hosted teams from across the country this past weekend for the Iowa State Classic, broke numerous records and set multiple national

The music was blaring, the bleachers were full and the atmosphere was unlike any other. But that just made the Cyclones turn up their performance level by a few notches.

Senior Edward Kemboi stood out for the Cyclones during the weekend in the 800-meter run. He recorded a time of 1:46.09, which ranks him No. 1 in the na-

tion for the event. Kemboi was running against a deep and fast field that included six runners with times under the 1:48-barrier.

"We're pleased with where [Kemboi's] at and his progress thus far this season," said ISU assistant coach Jeremy Sudbury.

Other standouts include redshirt senior Patrick Peterson and senior Brian Biekert, They finished with the ninth and 10th fastest times in the mile run in ISU indoor track and field history, respectively.

"Ryan Biekert and Patrick Peterson both ran 4:02, both getting personal bests and putting themselves high on the list for the Big 12 meet," Sudbury said. "Both guys are on their Agame at this point in the season, so we're excited about where they're at and their progress.

On the field side of things, redshirt senior Cam Ostrowski finished second in the high jump. His 2.21-meter jump ranked him seventh in the country.

Sudbury also said he

and the rest of the ISU track and field staff are excited about Ostrowski qualifying for NCAA Nationals. They look forward to seeing more progression out of Ostrowski.

Iowa State set numerous personal records, including freshman Elijah Young in the 400-meter with a time of 49.98, Peterson in the mile with a time of 4:02.17, Biekert also in the mile with a time of 4:02.39, sophomore Brandon Barnes in the 800-meter with a time of 1:51.73, junior Brandon Wheat also in the 800-meter with a time of 1:52.12 and junior Jan Jeuschede in the shot put with a distance of 62'

It's safe to say that the Cyclones held their own against some big teams from across the nation. They did not let hosting the Iowa State Classic get to their heads.

'The hard part sometimes when you're hosting a meet is being able to juggle multiple things - coaching the athletes [and] making sure the fields are set correctly," Sudbury said. "But the biggest thing I like with the guys and how

they handled it was this was a big-time competition. There's a lot of NCAA No. 1s this meet from all kinds of different schools."

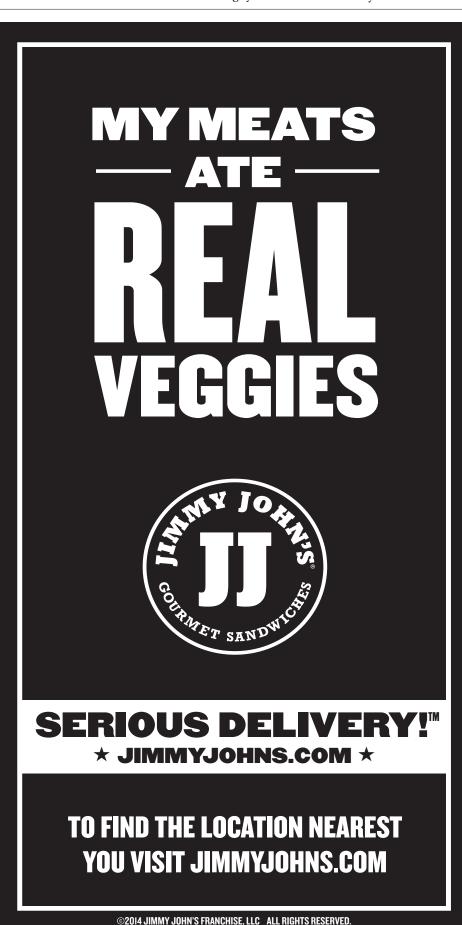
Overall, the Iowa State Classic was a good meet for the men's side of the track and field team.

"I think [Iowa State] put on a great meet, it always was a fun venue. I love running on our 300-meter track," said sophomore Derek Jones.

The Cyclones will be back in action when they head to Cedar Falls, Iowa for the UNI-Dome Open on Friday.







TECHNOLOGY p1

people. The origin of of this so-called "epidemic" is raised by the present generation and its use is forecasted to increase with more than 6 billion short message service messages sent per day, according to Forrester Research.

Katie Alexander, sophomore in advertising, explained how many texts she could send and the effects of texting at the end of the day.

"[I text] probably 100 times a day," Alexander said. "My neck and my eyes hurt at the end of the

Alexander thought about how this habit might affect her in the future.

"In my future, I might develop chronic neck and back pain, as well as a faster decrease in my vision," she said.

Dr. John Moore, chiropractor for the Ames Back and Care Center, explained the usual cases he sees.

"People come in saying that by playing games they develop headaches, mostly for addiction to those games," Moore said.

The neck and upper back are the most affected body parts from smartphones, Moore added.

"The neck and the upper back are the most affected by smartphones because your shoulders are trying to support, out in front of it," Moore said. "Muscles are being stressed, which is not a good position. You work those muscles harder to support your head."

Other parts of your body that are affected include the hands, especially thumbs and wrist. Texting repetitively can cause stress injury in these important parts. The effects on the thumbs can result in a decrease in grip strength, develop a form of tendonitis, carpal tunnel or even tenosynovitis.

Tendonitis and tenosynovitis are conditions in which the tissue connecting the muscle to bone becomes inflamed. Carpal tunnel is one of the worst cases that can happen, which leads to a pinched nerve in the wrist and causes a lot more pain than tenosynovitis and tendonitis. The worst cases of wrist damage lead to a call for immobilization with splints, medications or even surgery.

Joheshua Olvera, sophomore in pre-architecture, explained an interesting fact about texting and its effect on his health.

My thumbs don't hurt, but my pinky finger does because it supports my phone since I only text with one hand," Olvera said.

Moore gave advice to those who constantly use their phones.

People need to be careful with their position. Try to have an upright position," Moore said. "Also, get something to support your arms or have someone hold your phone, this

would be the most ben-

eficial."

Texting and gaming can also cause pain to children even faster due to the parents giving the child an iPad or cellphone at an earlier age. Children and young adults 8 to 18 years old spend more than seven hours a day on some type of entertainment medium.

A way to combat the effects on the eyes is to set the computer monitor's brightness to match your surrounding workspace. Texting can damage the eyes and cause eyestrain or headaches.

Caroline Alva, sophomore in chemical engineering, said her eyes sometimes hurt due to the brightness in her technol-"It strains my eyesight

especially at night," Alva said. "[Screens are] probably not good to look at for a long time because it's such a small, bright

Dr. Magaly Gonzalez, an optometrist who practices in Puerto Rico, explained the consequences texting has on the eyes.

"By spending many hours working without having a rest can cause headaches, focus problems, migraines and also photophobia," Gonzalez

Photophobia is painful oversensitivity to light, according to Medicine

Gonzalez said she agreed that this generation is basically based on technology.

'This new generation involves a cyber network, Gonzalez said. "Spending long hours on the computer causes a dry eye due to less blinking."

Overall, the main

piece of advice is to enjoy texting and technology but do so with healthy habits. Practice straight posture, try not to bend the neck as much, keep the brightness settings low and instead of sending a text message, make a phone call or make arrangements to see someone in person.

HY-VEE p1

it is already working with an existing infrastructure.

Vande Lune said this will be a different option for people who not only reside on the west side of Ames but also Ames in general, as far as new restaurants.

"I'm excited for our customers," Conway said,"I look forward to those first several weeks watching how customers engage it.

Vande Lune is in the process of hiring people to either backfill the store or for the Café.

Some employees have expressed interest in working at the Café.

Conway said that they will have a soft opening to ramp themselves up to full force as this is a new experience for the west Ames Hy-Vee.

The Market Café will be open Sunday through Thursday, 6 a.m. to 9 p.m. The Café will be open from 6 p.m. to 10 p.m Fridays and Saturdays.

Marketplac

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